



## FREQUENTLY ASKED QUESTIONS

# Optimal Probiotic 8™



### WHAT ARE PROBIOTICS?

Probiotics are beneficial bacteria that occur naturally in the digestive tract and are also found in foods and supplements. Supplementing with these bacteria can help promote balance, health, and proper functioning of the digestive system. They are often called “good” or “helpful” bacteria because they help keep your gut healthy.

### WHAT ARE PREBIOTICS?

Prebiotics are a type of fiber that feed the good bacteria in your digestive system. They help the good bacteria to grow and proliferate to facilitate lasting change to the microbiome.

### WHAT ARE POSTBIOTICS?

Postbiotics are the byproducts of fermentation in the gut. They are created by probiotic bacteria when they consume prebiotics.

### WHY DO WE NEED A PROBIOTIC?

Probiotics are live bacteria that can help restore the gut to a healthy state after dysbiosis. They do this by “reseeding” it with healthy microbes.

### WHAT IS DYSBIOSIS?

Dysbiosis is when your gut health is imbalanced, and you are likely to have digestive and other health conditions. There are three types of dysbiosis. Type 1 is caused when you lose good bacteria from your gut. Type 2 occurs when you have too much growth of harmful bacteria in your gut. Type 3 happens when you lose your overall gut microbiome diversity, and you lose both the good and the bad bacteria. When your body is in dysbiosis, your health may decline.

### WHAT IS THE GUT MICROBIOME?

The gut microbiome refers to all the microbes in your intestines and it is crucial to your health. A healthy gut microbiome controls gut health by communicating with the intestinal cells, digesting certain foods, and preventing disease-causing bacteria from sticking to the intestinal walls.

### WHY IS THE GUT MICROBIOME CRUCIAL FOR YOUR HEALTH?

The gut microbiome affects the body from birth and throughout life by controlling the digestion of food, immune system, central nervous system, and other bodily processes.

### CAN THE GUT MICROBIOME AFFECT YOUR WEIGHT?

Gut dysbiosis may lead to weight gain, but probiotics can potentially restore gut health and help reduce weight.

### WILL PROBIOTICS HELP MY DIGESTIVE ISSUE?

Probiotics aren’t a cure-all. However, certain strains of probiotics have been linked to many health benefits like helping with irritable bowel syndrome, traveler’s diarrhea, and stress-related digestive conditions.



## WHAT ARE THE DIGESTIVE BENEFITS OF PROBIOTICS?

Probiotics are believed to provide two major benefits: protecting the immune system and keeping the digestive system balanced. Probiotics help maintain a healthy balance between good and bad bacteria in our digestive tract. And when the digestive tract is healthy and working properly, it filters out and eliminates things that may damage it like harmful bacteria, toxins, chemicals, and waste products.

## CAN YOUR GUT MICROBIOME AFFECT YOUR BRAIN HEALTH?

The gut microbiome may affect brain health by producing brain chemicals and communicating with nerves that connect to the brain.

## HOW CAN I IMPROVE MY GUT MICROBIOME?

Eating a wide variety of high-fiber and fermented foods supports a healthy microbiome. Taking probiotics and limiting antibiotics can also be beneficial.

## WHAT DOES CFU MEAN?

Colony Forming Units (CFU) is a term used to indicate the number of viable bacteria that can be found in a probiotic product.

## WHAT DO I NEED TO PAY ATTENTION TO WHEN CHOOSING A PROBIOTIC?

The important thing when choosing a probiotic supplement is to ensure that the bacteria arrive alive when they reach the bowel. Many probiotics are easily destroyed by stomach acid and bile from the liver. Optimal Probiotic 8 has been tested and shown to have a 96% survival rate after passing through the upper digestive tract.

## WHAT DOES THE BACTERIA COUNT MEAN?

To ensure that Optimal Probiotic 8 always lives up to its promises, we decided to claim a much lower bacteria count than what is actually available allowing for some natural degradation to occur over time while still meeting the label claim of 23 Billion viable bacteria per capsule.

## HOW WILL I KNOW THE PROBIOTICS WORK?

You can expect to experience less bloating, improved stool consistency, reduced abdominal discomfort, clearer thinking, improved mood, better sleep, and clearer skin.

## WHAT PROBIOTIC STRAINS ARE IN THE OPTIMAL PROBIOTIC 8™ AND WHAT DO THEY DO?

- Lactobacillus plantarum has significant antioxidant activities and also helps to maintain intestinal permeability. It can suppress the growth of gas-producing bacteria in the intestines and may benefit some who experience abdominal discomfort.
- Lactobacillus brevia supports the immune system and digestive health. It has been shown to help reduce intestinal permeability and help with the reduction of mild allergy symptoms.
- Lactobacillus acidophilus helps to maintain the integrity of your intestinal walls so you can enjoy maximum absorption of nutrients.
- Bifidobacteria bifidum is beneficial to both your large and small intestine to assist with smooth, healthy digestion. This strain is especially helpful for proper digestion of dairy products.
- Lactobacillus casei supports digestive health and helps alleviate occasional constipation and promotes a balanced immune system and healthy skin.
- Lactobacillus reuteri supports digestive health and helps reduce abdominal discomfort and promotes hair and skin health as well female urinary health.
- Bifidobacteria longum helps to crowd out bad bacteria that cause discomfort and neutralizes toxins in the gut. It also helps efficiently break down carbohydrates without causing excess gas.
- Lactobacillus gasseri has been shown to improve stress-related gut health challenges and helps in the maintenance of healthy cholesterol levels.

## DO PROBIOTICS NEED TO BE REFRIGERATED?

Optimal Probiotic 8™ is shelf stable and does not need to be refrigerated, but we do recommend that you not expose it to extreme heat.

## WHEN SHOULD I TAKE OPTIMAL PROBIOTIC 8?

Take one capsule each morning with or without a meal.

## WHY IS THERE A PIECE OF PLASTIC IN THE OPTIMAL PROBIOTIC 8?

In North America, it is common practice to place a piece of cotton in supplement bottles to help keep the capsules from moving during shipment. This helps ensure that the capsules do not break while in transit. The Optimal Probiotic 8 is manufactured in Taiwan where they use a small piece of plastic to achieve the same goal. The plastic goes through the same sterilization process, and it meets all FDA regulations. Once you open your bottle, you can remove the plastic just as we are accustomed to with cotton.